Electronic Muscle Stimulator

Model 861A

Owners Manual

Copyright© 2012 ***contact51***

CONTENTS

1 Unpacking and Assembly

2 Features and Cautions

3 Operation

4 Care and Maintenance

5 Specification

6 Warranty & Copyright

Please refer to Addendum for most recent updates

*** NOTE ***
Please read all instructions before operating

DISCLAIMER

CONSULT YOUR DOCTOR BEFORE USING ANY MACHINE

Please make sure you read all manuals and instructions carefully before using our equipment
We are not liable for any problems associated with the use of these
devices. Please check with your doctor or health care provider to make sure that a particular device is suitable for you before purchasing. We cannot and we are not claiming that any of our devices will cure any diseases.
All EMS machines are not suitable for people with heart conditions or pacemakers.
In addition, such devices are not suitable for those with metal implants or with undiagnosed medical conditions.

1 - Unpacking and Assembly

Depending on the options selected when purchasing the machine the type of packaging will vary.

Irrespective of the packaging the following items are included with the machine:

- 1 x Model 861A EMS (Electronic Muscle Stimulator)
- 16 x Faradic silicon rubberized pads
- 8 x cables
- 4 x 1.0M straps
- 4 x 0.8M straps
- 2 x 0.5M straps
- Quick reference guide
- Owners manual

OPTIONAL ITEMS:

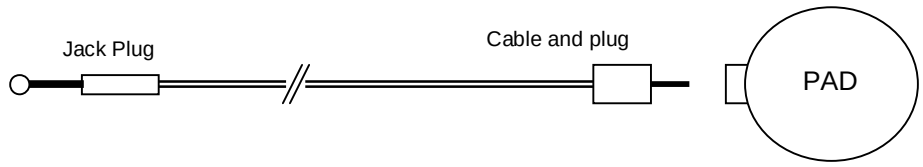
- Metal carry case
- Fabric carry case
- Gel and pump bottle

Assembly

Assembly is simple and straightforward.

1 Place the machine on a firm table or work station.

2 Connect the pads to the cables. The pads have sockets to which the cable plugs are inserted. Ensure the cable plugs are securely inserted into the pads.



3 Plug as many cables as required into their respective sockets on the front of the machine

4 Plug the 24 volt AC power adapter into the socket on the rear of the machine. Note that this plug can only be fitted in one direction. A spline on the plug and socket determine the correct position. Once the plug is engaged, tighten into position with the lock ring.

5 Insert the 24volt AC power adapter into the mains power point and turn the power on.

6 Ensure all output controls and the Intensity controls are in the minimum position.

The assembly in now complete and the machine is ready for use. Refer to the section on operation for usage.

NOTE: This machine should only be operated by suitably qualified persons.

2 – Features and Cautions

FEATURES:

- Selectable treatment times
- 8 individual output strength controls
- Overall strength Intensity control
- Selectable program change and pause warning tone
- Pause treatment time but still retain accumulated treatment time
- Pulse output indication
- Output safety feature – will not Start (Run) until outputs are OFF
- Ready indication when outputs set to zero (off)
- Status Indication – Advises whether machine is on Standby, Running or Paused
- 200 microsecond Faradic-wave pulses
- Microprocessor control
- Extra strength heavy duty ultra flexible pad connecting cables
- Maxifless Siliconized rubber Faradic Pads for long service

CAUTIONS:

This machine and associated equipment should only be operated by suitably qualified persons.

Before the machine is restarted after being in Pause mode, the Intensity control should be reduced and gradually increased in value again once treatment resumes.
The reason for this is so that the muscles of the person receiving the treatment are gradually stimulated to the previous setting without any harsh muscular reaction.

The machine must always be operated in a clean dry environment.

When applying pads ensure they are adequately moistened to provide good faradic-electrical contact with the skin – failure to observe this will lead to an uncomfortable experience for the person under treatment.

3 – Operation

Please note that this equipment must only be operated by suitably qualified and trained personal.

Refer to section 1 Unpacking and Assembly to set the machine up.

Attach the Faradic pads as required to the person receiving treatment according to type of treatment specified for that person.

Ensure that each pad is adequately moistened with a suitable gel or conductive mixture.

Use the elastic straps to secure the pads into position on the body.

When ready, turn power on to the machine.

Turn all output control to OFF (fully anti-clockwise)

Set the Intensity control to MIN

The GREEN Ready and RED Status indicators should be ON.

The GREEN Ready indicator will only turn ON once ALL the output controls are set to OFF
If all the output controls are not turned OFF and the RUN button is pressed, then an Alarm will sound as long as the RUN button is pressed, indicating that all outputs are not at zero.
The Green READY indicator will flash until all output controls are turned off.

Set the required treatment time using the TREATMENT TIME control. Select either 15, 30, 45 or 60 minutes.

NOTE: NEVER re-adjust the Treatment Time control while performing a treatment. Should the treatment time require changing, first place the machine into STANDBY, indicated by the RED status indicator being ON permanently.
A treatment can be cancelled by holding the OPERATE button in for 5 seconds. Five beeps will sound to advise that the current treatment has been cancelled.

To start the treatment press and release the OPERATE button once. The RED Status indicator will start to flash quickly. The YELLOW Pulse indicator will illuminate every time pulses are being applied to the pads.

Slowly increase the output of each of the output controls labeled 1 to 8 until the desired level of stimulation is achieved for starting the treatment session.

Depending on the person receiving treatment, the output levels can be increased at regular intervals of say two minutes. Increasing the levels will increase the amount of muscle activity.

Generally the individual output controls will be set to different levels of each other to balance the faradic current being applied to each pad pair and associated muscle.

Remember that different muscles respond differently to each other therefore the output level settings will vary from one to the other.

Once a balance of settings is achieved between the muscles being treated, then to increase the pulse intensity proportionally overall, use the INTENSITY control by slowly increasing its level.

The INTENSITY should only be increased while pulses are being applied to the muscles. This is achieved by observing the PULSE indicator. Only when it illuminates YELLOW, *slowly* increase

the level of INTENSITY. Increasing the level too abruptly too much will result in great discomfort for the person being treated, as well as causing the muscles to contract far too severely at once.

The INTENSITY should therefore be increased gradually over the treatment time so that the muscles have time to adjust to the amount of Faradic current applied to them and they can be worked comfortably at a higher work load.

The 861A EMS is a sophisticated microprocessor (computer) controlled instrument that has been designed to provide maximum efficiency.

The 861A is programmed to automatically step through its eight pre-programmed sequences. Each program sequence is changed every one minute thus simulating a wide variety of muscle workouts that would be associated will body activity that is sometimes never invoked by everyday lifestyle.

Further the eight automatic programs cover the following Faradic pulse stimulation:

- Relaxation
- Toning
- Abs type energizing
- Thighs
- Bust

The pulses applied vary in pulse-rate-frequency between 63 to 100 Hertz

All the programming and applied pulse trains are applied automatically and not under the operator's control, thereby making the 861A a high efficiency results orientated easy to operate instrument.

At each one minute program change a beep is sounded. If need be this beep can be turned off with the switch provided labeled BEEP.

At the end of the selected treatment time, the machine will stop and indicate the end by sounding 5 beeps. The BEEP switch does not effect this end treatment time beep signal.

Pausing a session: If while during treatment, the treatment needs to be paused, then by pressing and releasing the OPERATE button once, the pulses will stop. The RED status indicator will flash slowly and a beep will be sounded twice (beep-beep) every 15 seconds if the BEEP switch is turned ON.

The selected treatment time period is halted during the period in Pause mode – this is important so that the customers paid time is not used up without a treatment being applied.
NOTE: Remember to reduce the INTENSITY level before continuing with treatment after a Pause.

Termination of a treatment session before the selected time period is complete can be achieved by pressing and holding the OPERATE button for five (5) seconds. Five distinct beeps will be sounded indicating that the session has terminated. The BEEP switch does not effect this option.

Do not change the selected treatment time after a treatment session has started. In the event that the time needs to be changed, first stop the current session by holding in the OPERATE button

for five seconds, then once the 861A is in STANDBY mode (RED indicator steady) the new treatment time can be selected.

Changing the time while running will not damage the 861A but may cause an unpredictable treatment time.

After each treatment the Faradic pads should be wiped down with a clean moist (not wet) soft cloth or synthetic paper wipe.

Pad securing straps should also be laid out flat and not allowed to tangle each other.

When not in use, remove power to the 861A by turning off the power adapter at the wall socket.

Always observe hygienic conditions and take the necessary steps to keep the workplace neat tidy and safe.

4 - Care and Maintenance

The 861A is a low maintenance instrument designed to occupy a small area and provide big features.

Fortunately due to the rugged design no maintenance is required. There are no user serviceable components in the instrument so it should never be opened.

Occasional wiping over with a damp (not wet) soft cloth is all that is required.
Should it be necessary to remove dirt or grime that might have accumulated on the machine, then the use of a mild soap on a damp cloth is recommended. Do not use cleaning chemicals, methylated spirits, alcohol or other such aids as they could lead to the removal of the printed labeling.

Always store the 861A in a clean dust free cool environment – this will ensure you get many years fault free satisfaction from your machine.

Clean the Faradic pads using a soft damp cloth, if necessary use a mild soap solution and gently wipe them over until clean.

Do not use undue pressure or rubbing when cleaning as this action will lead to deterioration of the special conductive coating that is impregnated in the pad.

Any cleaning agent, chemical or solution should be used sparingly on occasion the wipe over the pads. Again certain chemicals will cause rapid deterioration of the pad's composition.

Frequent checking of the cable and pad connection is recommended. Due to the fact that the pads are moved about constantly it is possible that the cable can become detached from the pad's socket, sometimes not very visible as the pad's plug might still be in position but not firmly pushed in.

Bad fitting pad plugs will lead to insufficient Faradic energy being applied to the muscle that that pad would be connected resulting in poor performance from that pad set.

5 – Specification

Model	861A
Dimensions	310 x 225 x 90mm
Weight	< 4Kg (machine only)
Operating voltage	24 volt AC
Current consumption	+/- 300mA @ 240VAC
Power adapter	Mains voltage / 24V@1.0amp – 4 pin MIC connector
Output wave form	Modified pulse train 63 ~ 100 Hz
Output wave shape	Composite signal
Pulse duration	200uSec
Pulse Mark-Space	Variable
Applied amplitude	+/- 20V depending on load resistance
Treatment Timing	15 – 30 – 45 – 60 minutes selectable
Preset Programs	Automatic
Control	Microprocessor
Finish	Powder coated aluminum / Acrylic
Faradic Pads	95mm Siliconized rubber with conductive coating
Pad cables	1.5M multi-strand heavy-duty flexible with 6.3mm TRS plug
Straps	4 x 1.0M x 50mm black industrial elastic with Velcro locking 4 x 0.8M x 50mm black industrial elastic with Velcro locking 2 x 0.5M x 50mm black industrial elastic with Velcro locking

7 - Warranty & Copyright

Specifications and details are subject to change without prior notice.

All brand names in this manual are the property of their respective owners

The information in this manual is based on the current version of the product. Refer to operation section of this manual for details.

No part of this manual may be used or reproduced in any form or stored in a database/retrieval system without the express permission of the manufacturer.

This product is guaranteed free from any faults for twelve months from date of purchase.

Pads and cables are not covered by this warranty – conditions apply.

Good returned for warranty attention must be returned in their original packaging and at the owner's expense. Cost of return to owner shall also be at the owner's expense.

All warranties shall be rendered null and void under the following circumstances:

- Any unauthorized repair or modification has been carried out
- Damaged through misuse, negligence, accident, insect or natural calamities
- Installed and or maintained incorrectly or otherwise than in accordance with the instructions provided
- Proof of date of purchase not provided

Goods returned for warranty will be repaired or replaced at the manufacturers discretion. If replaced, it may not necessarily be the same model and might be of comparable age according to deemed usage.

The manufacturer of this equipment shall under no circumstance be liable for any consequential damages caused in relation to the use of this product. If not in agreement with this condition, do not use it, return it to the point of purchase.

This warranty extends ONLY to the original purchaser/end user and is not assignable or transferable to any subsequent purchaser/end users.

The manufacturer of this equipment reserves the right to amend the warranty conditions without further notice.

To be used only be suitably qualified and trained persons.